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UNITED STATES DEPARTMENT OF AGRICULTURE  
Food Distribution Administration

1-2 511-513 U. S. Court House  
Phone 2-1365



Fort Worth, Texas  
February 4, 1943

Fort Worth, February 4 (USDA)

Prices of fresh fruits and vegetables on the local markets remain practically unchanged this week. Bunched carrots have increased in price but there are plenty of bulk carrots to be had at moderately low prices. Sweetpotatoes might be considered a little high when compared with prices of the past few years but the quality is fine, they are coming mostly from East Texas, a few from Louisiana, maybe a few home grown, but it is nearing the end of the season for this commodity and those of you who would like to take advantage of this tasteful and health giving vegetable should do so soon before it is too late. This information comes to you from Paul R. LeGer, Federal Food Reporter for the U. S. Dep't. of Agriculture who constantly has his eye on the fruit and vegetable markets in general.

Mr. LeGer also informs us we will soon be experiencing the new point rationing system and it might be a good idea to visit these markets and perhaps acquaint ourselves with a lot of fruit and vegetables which will, by necessity, be substituting for other foods. There are plenty of them and the new growing season just starting in the more southernly parts of the country will keep adding to our almost never ending supply of these food items.

We have been having some celery from Florida for the past few weeks but celery will soon come to the end of its season and prices could possibly advance. Plenty of cabbage on the market. Spinach, turnips, several kinds of greens in large quantities. Citrus fruit remains a best buy and has been most of the winter. A few good pears from the great northwest are on the market. Avocados are fine, reasonably priced and plenty to go around. Broccoli is unusually good this season. In fact, says Mr. LeGer, one need not want, just go to your local fruit and vegetable market and go home satisfied that the people of this good United States of America are far from a famine..



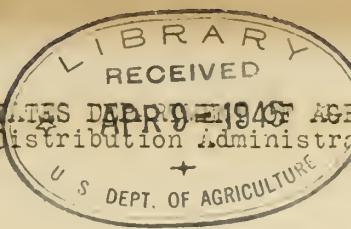
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Fort Worth, Texas  
February 11, 1943

### WARTIME FOOD BULLETIN

Fort Worth, February 11, 1943. (USDA)

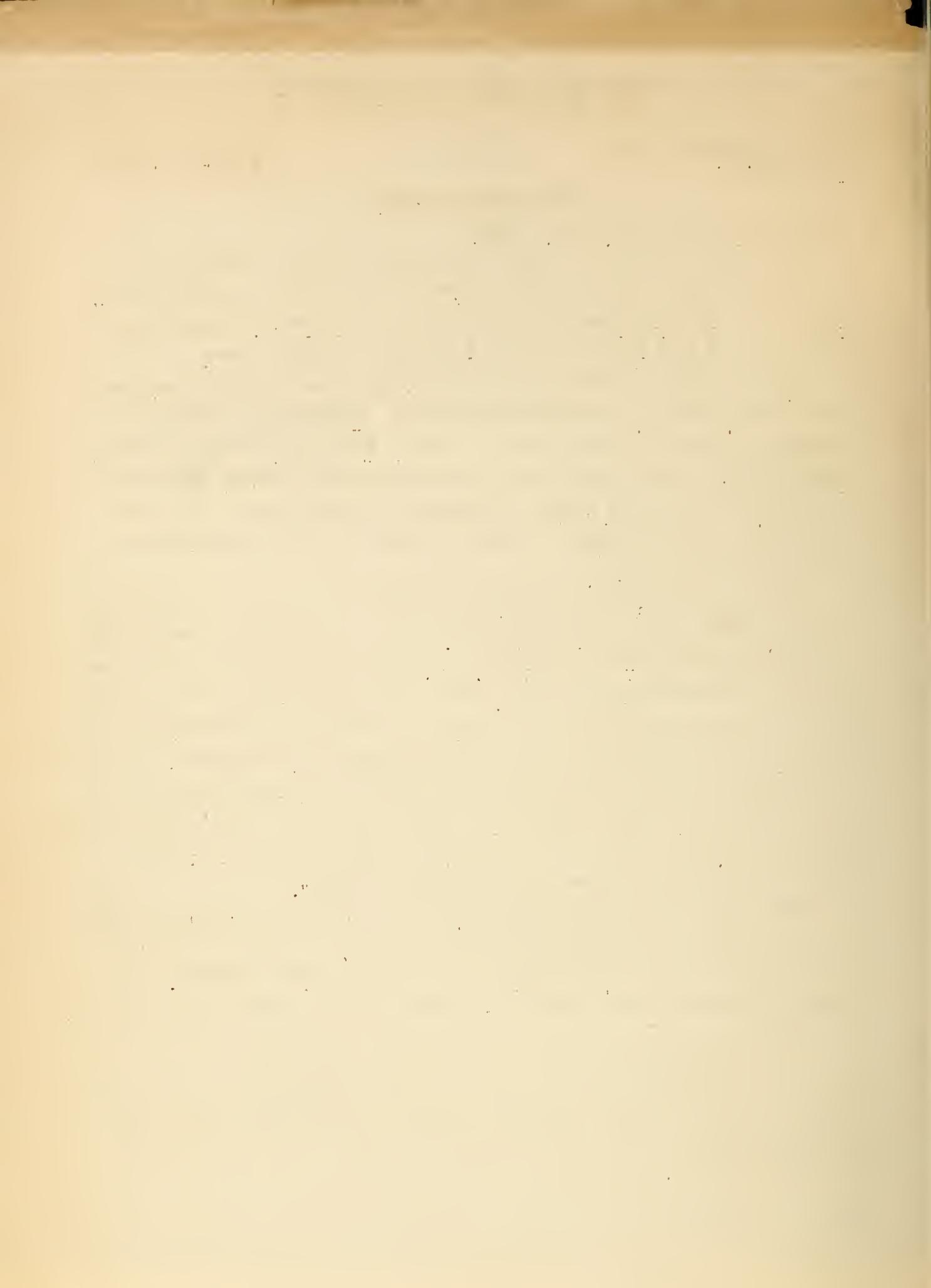
With point rationing of canned goods almost upon us, housewives are taking more active interest in fresh fruits and vegetables, reports Paul R. LeGer of the Food Distribution Administration, U. S. Dep't. of Agriculture who is Federal Food Reporter for the Fort Worth and Dallas area.

The best buys of fresh fruits and vegetables this week, says Mr. LeGer are cabbage, carrots, collards and grapefruit. Lettuce and celery took a slight drop in price and are also a good buy. Rutabagas, turnips, spinach, cauliflower and a few other items are still moderately priced. Apples and potatoes, both sweet and Irish, have advanced a little but are worth the price asked. Nutritionally you cannot go wrong in choosing snap-beans as one of your wartime foods.

Cabbage especially is moderately low priced and is now at its peak in quality, making it one of the best buys. Most of our cabbage is coming from the Lower Rio Grande Valley of Texas. Mr. LeGer reminds us that this is the item from which Sauerkraut is made. There was a large crop of cabbage this past year and as a result of this, there is an abundance of sauerkraut on the market. This is another food item that fits well in winter menus -- that old "stand-by", sauerkraut and spareribs or sauerkraut and pigs knuckles or just plain sauerkraut. Cabbage prepared in this manner makes a delightful vegetable for any meal. Do you know where sauerkraut received its name? It is a German name which when translated means "acid cabbage".

Grapefruit, coming also from the Rio Grande Valley, is "top" in quality and has remained a good buy throughout the season. We are now receiving new cars of fresh new beets, turnips, carrots and other fresh products. The surplus of topped carrots is gradually working off the market but they remain a good value.

If you are looking for best buys in wartime food in order to keep that budget balanced and at the same time set a table full of nutritious eats, you can't go wrong in keeping posted on the offerings of your local fruit and vegetable markets.



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APR 9-1945

Fort Worth, Texas  
February 18, 1943

Fort Worth, Feb. 18 -(USDA)-

DEPARTMENT OF AGRICULTURE

If you are looking for good buys or best buys in wartime food you can find them in your local fruit and vegetable markets and in the bins of your favorite grocery store this week. Paul R. LeGer, Federal Food Reporter for the U. S. Dep't. of Agriculture who checks the markets every day of the week says even though carlot Dealers and Brokers are having some difficulty in locating and transporting a few items they are still able to keep the markets well supplied with fresh fruits and vegetables.

Consumption of Grapefruit has increased steadily but the supplies remain liberal, the quality fine and prices very low. Carrots have again come to the front as a "best buy", both bunched and topped. A few weeks ago the price on this commodity advanced rather sharply but during the past few days has declined to a point low enough to make it one of the best buys on the market. These two commodities are really good buys at this time and household "budget savers" should take advantage of them while they have the opportunity. Bulk, or topped carrots, that is carrots with the tops removed, are still available and a good buy. Why carry carrot tops around over the country, pay freight on them, when no one eats the tops anyway.

There are several other good buys on the market. Cabbage prices are unchanged. Irish Potato, Sweetpotatoes and Apple prices are strong at this time. Green Beans, although priced higher than normal, stand a good chance to advance in price and perhaps stay at a slightly higher price until Spring crops can mature and start moving this way. However, when Vitamins and food value are taken into consideration, green beans are not unreasonably high.

Mr. LeGer in trying to point out the best buy of fresh fruits and vegetables each week suggests we visit the markets and see for ourselves the many bargains available.



Reserve

UNITED STATES DEPARTMENT OF AGRICULTURE  
Food Distribution APR 9 1943

511-513 U. S. Court House  
Fort Worth, Texas



Phone 2-1365  
February 25, 1943.

Fort Worth, February 25 --(USDA)--

With all canned goods frozen for the week awaiting the new point rationing system to go into effect, housewives turned to the fresh fruit and vegetable bins more heavily this week. Then, with from slight to heavy damage to the crops by freezing weather in one of our leading vegetable growing areas, some prices are a little unregular and perhaps a few are a little unruly. Therefore it is hard to pick the "best buy" this week reports Paul R. LeGer, Federal Food Reporter in this area for the Food Distribution Administration.

By this, he does not mean there are not any good buys because there are several, but perhaps not so many as we have been having lately. No item has declined in price but some took a small rise while a few took a rather sharp rise. Cabbage perhaps took the quickest and most abrupt rise, prices raising from 1 to 2 cents per pound wholesale, but even so, cabbage is still a good buy. Gr. & fruit was uninjured in the freeze so this commodity along with carrots, both bunched and those with tops removed remain perhaps the best buy on the fruit and vegetable market, just as they were last week. Prices are unchanged on these two commodities. Turnip Greens, that luscious and health giving food, jumped up in price and is just a little high right now. Sweetpotatoes, both home grown and those from East Texas are about to disappear from the market for this season and must be considered high priced.

Since the Government has decided to use practically all of the Idaho Potatoes for our Armed forces we will not be seeing much of them until another crop has been produced. However, Mr. LeGer says, there will be plenty of Potatoes from the Red River Valley of the North, from Maine, Colorado and a few other states and the new crop from the deep South will soon be getting into full swing. Apples coming mostly from the Northwest are higher priced than for several years but are of very fine quality and plenty of them on the market. Still a few Pears available. In fact the fruit and vegetable bins on the local markets still have a good supply in spite of the many handicaps facing the business. But, you better play safe and plant a Victory Garden.

Mr. LeGer offers a word of advice, during the next few months, before you reap the harvest of your Victory Garden, make the best use of the fresh fruit and vegetables you find in your stores. Buy and use them as much as you can to supplement your canned vegetable supply. DO NOT WASTE. Mother nature has her own way. Nothing is safe until it is harvested. Remember the cold snap on Valentines Day and the damage done. Freezing weather, floods, droughts, many things can happen to destroy growing crops. Play safe, take advantage and make use of all available fruits and vegetables and WASTE NOTHING.

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